

How do I find the time to exercise?

Take care of your heart 10 minutes at a time!

To reduce your risk for heart disease and stroke, move your body for at least 10 minute three times a day.

- Take a walk
- Ride a bike
- Housework or yard work
- Take the stairs, not the elevator



(Resource: <http://www.cdc.gov/physicalactivity/>)

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